

Making Pumpkin Smoothies

Last Friday, November 11, we made smoothies for snack using pumpkin, milk, brown sugar, cinnamon, nutmeg, and ice. The students made pumpkin smoothies two at a time, and everyone in the class ended up participating in the activity!

Each child got to scoop pumpkin out of a bowl and dump in into the blender. Next, the children poured milk into the blender from a measuring cup. After that, it was time to add the dry ingredients. The students scooped two teaspoons each of a mixture of brown sugar, cinnamon, and nutmeg and dumped them into the blender. Some of the children tried using a tongue depressor to level off the pumpkin and dry ingredients before adding them to the blender.



Cooking experiences at school give children opportunities to learn new skills while making something that they can enjoy later as a snack. In addition to teaching basic math and science concepts, cooking activities help children develop better language, cognitive, and fine motor abilities. It was great to see that all of the children wanted to participate in making pumpkin smoothies! I was so exciting to see them do so many parts of the activity by themselves, too! It was a fantastic learning experience for the children and me as we made pumpkin smoothies together.



The last step was to put three ice cubes each in the blender, place the lid on top, and take turns pushing the button to mix all of the ingredients together! The children poured the smoothie into their cups, chose a straw to drink with, and enjoyed the snack they had made.

The children enjoyed making the smoothies and drinking them once they had blended all of the ingredients together, but they also practiced many important skills during the activity. The students used fine motor skills to scoop and dump, drop, and pour ingredients into the blender. A few of the children were able to tell me that the blender mixed the ingredients together to change them into something different. Most of the children could count out the number of items on each instruction card and add that amount of each ingredient to the blender.

